What is claimed is:

1. A tray, comprising an open-ended cavity with a rib protruding into the cavity, wherein said tray and said rib is constructed of a substantially rigid material.

2. The tray of claim 1, wherein the tray comprises of a plurality of open-ended cavities.

3. The tray of claim 2, wherein the cavities are of uniform size and shape.

4. The tray of claim 2, wherein the cavities are of a shape selected from the group consisting of

a) Polygons with angled sides;

b) Ovular;

c) Circular; and

d) Non-angularly shaped objects.

5. The tray of claim 1, comprising a plurality of ribs protruding into the cavity.

6. The tray of claim 5, wherein the ribs are of uniform size.

7. The tray of claim 5, wherein the ribs are of variable lengths and widths.

8. The tray of claim 5, wherein the ribs are evenly spaced.

9. The tray of claim 5, wherein the ribs are positioned around the cavity at intervals.

10. The tray of claim 5, wherein the ribs are longitudinally positioned along the walls of the cavity, parallel to the walls of the cavity.

11. The tray of claim 10, wherein the ribs extend along the entire length of the walls of the cavity.

12. The tray of claim 10, wherein the ribs extend partially along the walls of the cavity.

13. A tray, comprising :

an open ended cavity including a top section and a bottom section;

a first tab created from a wall of the cavity at its bottom section; and

a second tab created from a wall of the cavity at its bottom section;

wherein said first tab and said second tab are configured to cooperate to form a platform within the interior of the cavity, wherein the platform is perpendicular to the plane of the walls of the cavity.

14. The tray of claim 13, wherein the tray consists of a plurality of open-ended cavities.

15. The tray of claim 14, wherein the cavities are of uniform size and shape.

16. The tray of claim 14, wherein the cavities are of a shape selected from the group consisting of

a) Polygons with angled sides;

b) Ovular;

c) Circular; and

d) Non-angularly shaped objects.

17. The tray of claim 13, wherein multiple ribs protrude into the cavity.

18. The tray of claim 17, wherein the ribs are of uniform size.

19. The tray of claim 17, wherein the ribs are of variable lengths and widths.

20. The tray of claim 17, wherein the ribs are evenly spaced.

21. The tray of claim 17, wherein the ribs are longitudinally positioned along the walls of the cavity, parallel to the walls of the cavity.

22. The tray of claim 21, wherein the ribs extend along the entire length of the walls of the cavity.

23. The tray of claim 21, wherein the ribs extend partially along the walls of the cavity.

24. A method of forming a tray, comprising the steps of:

pouring plastic material into a hopper;

causing an outflow of the plastic material from the hopper into a heated chamber; heating said plastic material until molten;

extruding the molten plastic material through a die; and

forcing the extruded plastic material through a cooling zone.